

may also be added. Beat until very thoroughly mixed. Have the fat heated as for doughnuts, so the batter will rise to the top immediately. Dip a clean spoon in the fat and use it to shape the fritters; do not make them too large. Fry until well browned, drain on soft paper. Sprinkle with powdered sugar or serve with lemon sauce.

Mustard Poultice.—To five tablespoonfuls of ground flaxseed add one tablespoonful of mustard; mix with boiling water, spread on a cloth, and apply with a thin linen cloth over it as hot as can be borne upon the skin.

Buckwheat Gruel.—Boil one tablespoonful of buckwheat flour in one quart of water for one hour with one dozen stoned raisins; salt to taste.

To Check a Cold.—As soon as you feel you have taken cold, fill a glass half full of water, drop into it six drops spirits of camphor, stir it and take a dessertspoonful every twenty minutes.

Cough Remedy.—Pour half a pint of boiling water on a quarter of a pound of gum arabic; when dissolved add one quarter of a pound of sugar and half a gill of lemon juice; let it simmer for ten minutes, then bottle and cork. When taken water may be added. This is soothing for a throat irritated by a hacking cough. Follow this treatment by taking Hydroleine, the best preparation of cod liver oil, nearly tasteless.

To Cure Boils.—Mix one tablespoonful of wheat flour in one tumbler of cold water, and drink the whole mixture at one dose. If necessary repeat the dose the next day. If the boil has already commenced to form keep it wet with tincture of arnica.

MISCELLANEOUS.

Doughnuts.—Mix well together three cups sifted pastry flour, two teaspoonfuls baking powder, one-half teaspoonful salt, and one saltspoonful mace. Beat one egg, add to it one-half cup sugar, one teaspoonful melted lard and one-half cup milk. Mix with the dry ingredients, cut in rings and fry. This rule makes twenty.

Orange Souffle.—Pulp and juice of two oranges, one-half teaspoonful orange extract, two eggs, two teaspoonfuls butter, three tablespoonfuls powdered sugar, one teaspoonful caramel, one-half saltspoonful salt. Beat the yolks of the eggs until light and thick. Beat the white of one egg until stiff, add gradually one tablespoonful of the sugar, fold into the yolks, add salt, spread carefully into hot buttered omelet pan or chafing dish, when well puffed spread the pulp of the oranges over the top, spread over that the other beaten white, to which the sugar and extract are added gradually, when well puffed and brown, fold, sprinkle on the caramel, pour over all the orange juice and serve.

Griddle Cakes.—Sift together one rounding teaspoonful baking powder, one cup bread flour, one-third-cup fine yellow corn-meal and one-quarter teaspoonful salt. Add to this mixture one egg well beaten, and one and one-third cups milk. Beat well, pour from the point of a tablespoon upon a hot, well-greased griddle. This mixture will make twenty-eight small cakes.

Rice Waffles.—Two cups flour, one-half teaspoonful salt, one teaspoonful baking powder, one egg beaten separately, one teaspoonful butter,

SILICO cleans everything, injures nothing.